

HPSA Development Curriculum

The importance and focus of all team training, skills sessions and game day management must be on the development of the total young soccer player: physical, technical, tactical and emotional.

Using the research of the soccer governing bodies including, but not limited to, the US Soccer Federation, the Scottish Football Association, the Brazilian Federation, UEFA and FIFA as well as coaching from the Positive Coaching Alliance and the National Soccer Coaches Association of America all HPSA coaches, trainers and staff have the development of the young soccer player at the forefront of their coaching with the winning seen as a by-product of age appropriate coaching and development and cooperation and practice from players and their family.

Training Sessions:

Each training session will be conducted in 3 active Phases based on individual team needs with a small focus on two-three components as the foundation for the session.

Pre-Training Conference:

Explain to the players what the emphasis and objectives of the training sessions are. Set the expectations for the team and Primary Learning Objectives that are age appropriate and that will build foundations for your ultimate goals. Positive, confident and direct language (such as: "Today we are going to...") will set the tone for a successful and productive training session.

Phase 1:

This is the warm-up stage that will include many touches on the ball (individual or small group), limited waiting and, most importantly, an introduction to the topics to be addressed throughout the training session. Changes of directions, touches with multi-surfaces and changes of speed/intensity are all expected from this phase.

Phase 2:

Ball Mastery and tactical awareness should be taught through small-sided games that can build to larger (space and numbers of players) more complex games. Possession games and games that have clear objectives and purpose are the focus during this phase of the training session – age appropriate technical and tactical objectives should be met throughout these games.

Phase 3:

Playing of a larger game (scrimmage) should be employed at this last stage of the training session. Coaching throughout the scrimmage is focused on the training session objectives and game-like situations that arise.

With finishing/shooting a Primary Objective at all age groups ending with a sharp, creative, fun and competitive game is a strong and positive way to finish the training session.

Post-Training Conference:

Finish with a short debrief of the training sessions. Asking players for feedback and "what did you learn today?" keeps players engaged throughout the session and afterwards. Ask them what they are going to work on at home before the next training session. This should be based on their successes and areas of

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improvement from the training session.

THE POSITIVE COACHING ASPECT

The Positive Coaching Alliance (PCA) is a non-profit organization based out of Stanford University in Palo Alto, CA and has developed programs for parents, coaches, youth athletes and organization leadership in a bid to create a more positive experience for all people involved with youth sports and youth sports organizations. The PCA principles are based on research from people in developmental psychology, sports psychology, coaching, education, and counseling.

Ultimately we are all guardians of the game and can pass the love of our sport to the youth, and their parents, in a positive environment that will, in turn, provide a better stage for learning for the athletes we work with.

Coaches: The Double Goal Coach

A Double Goal Coach is one that prepares their athletes for “scoreboard” success but more importantly teaches integrity of the sporting arena and teaching life lessons through sports.

Parents: The Second Goal Parent

A Second Goal Parent is one that values the “scoreboard” success secondary to the lessons that are brought with being part of competitive sports. Commitment, teamwork, self-starting etc. are components of life that sports can teach our youth.

Athletes: The Triple Impact Competitor

A Triple Impact Competitor is one that makes themselves better, their teammates better and the sport better.

Principles of PCA:

1. ELM Tree Of Mastery

Effort: Effort should be the focus, not the results and the effort should be rewarded/praised.

Learning: learning tasks and being able to execute them better, more efficiently and under greater pressure are the focus.

Mistakes: Mistakes are okay and should be seen as opportunities to learn. When approaching mistakes focus on changing for the better (give constructive feedback) and not the mistakes.

2. The Emotional Tank

Everyone, including coaches, parents and officials, performs at a higher level when their emotional tank is full. Athletes tend to stick with tasks longer, provide better effort, are more coachable and are more successful with a full E-Tank. A ration of 5 positives (affirmations) to each non-affirmation is the “Magic Ratio” for filling E-Tanks.

3. ROOTS

Respecting and recognizing that the following components to the game are important for all involved in the game:

Rules: Respecting the rules, not just the letter but the spirit, sets a good example to all around us.

Cheating (or bending the rules) to win is not a win but an opportunity lost to learn and provide a positive environment.

Opponents: Respecting your opponents and viewing them as a “gift” and a test to your learning and development will create greater learning and development. Competition means to “strive with” which against what is taught in the media and by most coaches – appreciate your opponents.

Officials: Without officials we do not have the opportunity to compete.

Team: Respect of your team and teammates leads to a better learning environment for all involved. There

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may be competition for playing time and positions which can be positive when the environment is positive.

Self: Ultimately everyone must have respect for themselves and how they train, practice, learn and develop. Having respect for self as well as how we learn and compete is vital to the development of the environment we crave.

The above three principles are just short overviews and you can find further information through www.positivecoach.org or via books written by Jim Thompson such as *Elevate Your Game* and *Double Goal Coach*.

Language: Using positive language and turns of phrase lead to a positive environment. "Next time try this..." is much better than "Don't do that..." when correcting mistakes. Stay away from "don't do's".

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SOCCER DEVELOPMENT

Using the stages broken down by both the USSF and the Scottish Football Association we have developed areas of primary concern in the development (which will lead to foundations in older age groups) and areas of secondary development.

The characteristics of the age group training/learning/teaching/development are also given to provide additional focus to each training session, skill session and game.

Use the following to choose your teaching points, team training and skill training emphasis and focus and understand where these steps are progressing.

Initial stage – 5 to 8 years old

At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low. In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

Training Session Duration: 60 minutes

Characteristics:

- ✓ Training is based on fun games
- ✓ Maximum time on the ball
- ✓ Give small responsibilities to each player (especially in game situations)
- ✓ Basic motor skills must be worked on in combination to ball mastery
- ✓ Motivation through positive feedback and intrinsic achievement

Primary Objectives:

- Passing and Receiving (positive and productive first touch)
- Dribbling (to beat opponents)
- Shooting
- Ball Mastery
- 1v1 attacking

Secondary Objectives:

- Turning
- Running with the ball (not beating opponents)

No heading is done at this age group

Limited tactical training is done at this age group – discuss the 3 principles of team shape

Team shape is based on the three components:

1. Players position relative to the ball (attack or defend)
2. Players position relative to the space they need to attack or defend

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3. Players position relative to teammates and/or opponents

Basic stage – 9 to 12 years old

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children's capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.

Training Session Duration: 90 minutes

Characteristics:

- ✓ Focus on specific techniques and skill (ball mastery and development)
- ✓ Individual contests and small group contests in attacking and defending situations are essential
- ✓ Utilize small sided games to develop basic understanding of attacking/defending principles, possession, combination play, transition and finishing
- ✓ Rotate players in various positions (2-3) to avoid too early specialization
- ✓ Speed, coordination, balance and agility are the physical focus

Primary Objectives:

- Passing and Receiving (positive and productive first touch)
- Running with the ball (not beating an opponent)
- Ball Mastery
- Turning
- Dribbling (to beat an opponent)
- Shooting
- 1v1 attacking
- *Attacking Principles
- *Possession
- *Combination Play
- *Defending Principles

Secondary Objectives:

- Shielding the ball
- Receiving to turn
- Crossing and Finishing
- 1v1 defending
- Heading (assure proper technique)

*Tactical Components

In addition to the tactical components listed under each group all ages must consider their team shape. Team shape is based on the three components:

1. Players position relative to the ball (attack or defend)
2. Players position relative to the space the need to attack or defend
3. Players position relative to teammates and/or opponents

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Intermediate stage – 13 and 14 years old

Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes, which arise with puberty. Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining should focus more on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role at this age.

Training Session Duration: 90 minutes

Characteristics:

- ✓ Focus on technique is still important especially within tactical and pressured environments
- ✓ Discipline and the ability to follow instructions from coaches and teammates are essential

Primary Objectives:

- Passing and Receiving (positive and productive first touch)
- Shooting
- Ball Mastery
- 1v1 attacking
- 1v1 defending
- Heading
- Receiving to turn
- *Attacking Principles
- *Possession
- * Transition
- *Combination Play
- *Switching Play
- *Defending Principles
- *Zonal Defending (pressure, cover and balance)

Secondary Objectives:

- Dribbling (to beat an opponent)
- Crossing and Finishing

*Tactical Components

In addition to the tactical components listed under each group all ages must consider their team shape. Team shape is based on the three components:

1. Players position relative to the ball (attack or defend)
2. Players position relative to the space they need to attack or defend
3. Players position relative to teammates and/or opponents

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Advanced stage – 15 to 18 years old

Players at this age have completed most of their physical and mental development. All components of training can be combined and organized with the purpose of developing the highest potential of the player. The strength of the muscles helps to develop technique at high speed and this speed helps the player to react faster to tactical situations. This stage is crucial for combining all the components of soccer in order to increase the players' soccer knowledge.

Training Session Duration: 90-120 minutes

Characteristics:

- ✓ Tactical training in small sided games (4v4, 4v4+ etc.) are essential for further development
- ✓ Attacking and defending principles must be the focus of all training exercises and game components
- ✓ Technique should focus on the speed and accuracy of execution with speed of play, transition and counter attacking/defending as high reward development
- ✓ Technical and tactical training with position specific focus encouraged

Primary Objectives:

- Passing and Receiving (positive and productive first touch)
- Turning
- Receiving to turn
- Crossing and Finishing
- 1v1 Defending
- *Attacking Principles
- *Possession
- *Transition
- *Combination Play
- *Switching the Play
- *Counter Attacking
- *Defending Principles
- *Zonal Defending (pressure, cover and balance)
- *Pressing and Compactness

Secondary Objectives:

- Ball Mastery
- Heading
- 1v1 attacking

*Tactical Components

In addition to the tactical components listed under each group all ages must consider their team shape. Team shape is based on the three components:

1. Players position relative to the ball (attack or defend)
2. Players position relative to the space they need to attack or defend
3. Players position relative to teammates and/or opponents

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SMALL-SIDED GAMES and FUTSAL

Small sided games, including Futsal, are recognized as great learning and development opportunities for youth soccer players giving each player maximum time on the ball (allows for ball mastery), technical and tactical learning opportunities and the games should be high-tempo and fun.

Below are keys to getting the most from small-sided games:

- Always coach through the small-sided games. Correct technical and tactical components based on our age appropriate objectives (focus on two or three per session – you can not correct everything at one time) using positive corrective language and use the Show-Copy-Play coaching technique to paint the correct picture for all players.
 - Give teams a “formation” to play out of and when it is age appropriate allow them to chose and move positions regularly. The formation gives a structure and shape and you can teach using the three components of thought for team shape (position relative to: 1. Ball; 2. Space and; 3. Teammates/opponents).
 - Waiting players (subs) should be active. Utilize programs such as the Individual Technical Training plan, You-a-ball-and-a-Wall training program or incorporate speed and agility training in open areas.
 - Work on “tactical” components based on our age appropriate objectives and add in set-plays such as goal kicks, corner kicks, throw-ins and other situations.
 - Discuss attacking and defending priorities in all situations – even if it is giving praise on a great attacking or defensive play while correcting other components.
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TESTING

Dates:

Testing Date 1: Week of September 9

Testing Date 2: Week of October 14

Testing Date 3: Week of December 2

Testing Date 4: Week of February 3

Testing Date 5: Week of April 7

Testing Date 6: Week of May 19

Test 1: Change of Direction

In a 10yd long grid the player dribbles to the cone 10yds out, executes the change of direction move and dribbles to the starting cone. Repeat for 60 seconds and record the number of direction changes. Moves to test: Step-on, Inside-Cut, Outside-Cut, Pivot Turn, Step-Over, Drag-Back.

20+ reps is excellent | 11-15 reps is good | 6-10 reps average | 1-5 reps needs improvement

Test 2: Illinois Test with Ball and Goal

In a 10x10yd grid with four central cones 2yds apart splitting the grid the player sprints around two sides of the grid and collects a stationary ball. The player dribbles around the cones and back to original ball placement where they stop the ball then sprints around the last side of the grid to a stationary ball to finish on a small goal (6yds away). Record the time with a plus (+) for the goal being scored.

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Test 3: T-Test with Ball

A T is made from 4 cones all 10yds apart. Player starts by dribbling to the first cone and turns right while executing a change of direction move (90°) and dribbles to next cone. Second change of direction move (180°) at next cone and dribbles to furthest cone to execute third change of direction move (180°) to dribble to center cone to make final change of direction move (90°) and dribbles back to starting cone. Record the time for completion and accuracy of movements.

Move 1: Outside Chop; Move 2: Step-Over; Move 3: Pivot; Move 4: Inside Chop

18-21 seconds is excellent | 21-25 seconds is good | 25+ seconds needs improvement

Test 4: Passing Accuracy Test

Four cones are located at 5, 10, 15 and 20 yards from a small goal with a starter cone 30yds from the goal. At the starter cone the player dribbles to the 5yd cone and passes into the goal then turns to come back to starter cone to collect the next ball where he/she dribbles to the 10yd cone and passes into the goal. The player continues the same routine to complete the 15yd and 20yd passes. Record time of final pass and plus marks (+) for each completed/accurate pass.

HP Soccer Academy Self-Training System

You, a Ball, and a Wall

Level 1: Flat Wall Standing Two Steps Away

- o 1-Touch Passing: Inside of Right Foot (30 repetitions)
- o 1-Touch Passing: Inside of Left Foot (30 repetitions)
- o 2-Touch Passing: Outside Push-Inside Pass Right Foot (30 repetitions)
- o 2-Touch Passing: Outside Push-Inside Pass Left Foot (30 repetitions)
- o 1-Touch Passing: Laces of Right Foot (30 repetitions)
- o 1-Touch Passing: Laces of Left Foot (30 repetitions)
- o 2-Touch Passing: Inside Push- Opposite Foot Pass (30 repetitions)

Level 2: Two Walls

- o Inside Pass-Receive Ball with Open Body/Inside Foot-Turn (30 repetitions)
- o Inside Pass-Step Over Turn- Inside Pass (30 repetitions)
- o Inside Pass-Outside Push-Drag Back Turn-Inside Pass (30 repetitions)
- o Inside Pass-Ball Run Throw-Inside Pass (30 repetitions)

Heading (U10 and older only)

- o Toss ball off wall – Head Back (30 repetitions)
- o Continued Heading
- o Toss ball off

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SKILL WORKOUT

Individual Workout:

Workout should be conducted a minimum of twice weekly – it will quicken your touch, increase your speed on the ball, and balance.

1. **Seated Juggle** (3 minutes): sitting on the ground, keep the ball in the air using your feet and/or head.
2. **Collect a Rainbow** (2 minutes): throw the ball from the left to the right in the air, collect ball with inside/outside of foot and bring it across your body. Repeat in opposite direction
3. **Cuts** (1 minute each): dribble 5 yards, turn and explode.
 - i) Pivot
 - ii) Inside Chop
 - iii) Outside Chop
 - iv) Step-over
 - v) Drag, push behind, spin
4. **Beat the Cone** (1 minute each): Dribble at cone, 5 yards away
 - i) Scissor Left, push outside of right and accelerate
 - ii) Scissor Right, push outside of Left and accelerate
 - iii) Drag ball with inside of right across the cone, burst away using outside of right
 - iv) Same at iii) but with Left
 - v) Drag ball outside of right away from cone, burst inside using inside of right
 - vi) Same as v) but with Left
 - vii) Double Scissor, beat cone
5. **Wall** (1 minute each): Playing the ball against the wall
 - i) Pass-collect-pass
 - ii) Drive-collect-pass
 - iii) Chip-collect-pass
 - iv) Throw-collect
 - v) Head defensively
 - vi) Attacking header
6. **Figure 8's** (4 minutes): Place two cones 15 yards apart. Dribble in a figure 8.
 - i) Use only your right foot six times (twice)
 - ii) Use only your left foot six times (twice)
7. **"Moving" Juggling** (3 minutes): moving in various directions, keep the ball in the air using any part of your body.

HIGHLAND PARK
ACADEMY KEYS TO



SOCCER
SUCCESS

DEFENDERS

- ❑ **KEEP SHAPE:** balance the other 3 defenders/support the midfield
- ❑ **PRESSURE ON BALL:** force the player with the ball to our pressure (supporting defenders). The closer/higher the pressure on the ball, the closer/higher the supporting defenders can be.
- ❑ **DROP HARD TOGETHER:** when there is no, or little, pressure on the ball from midfield/forwards drop hard and to the center. This stops the ball getting played over the top. Hold approx. 10 yards outside of the box.
- ❑ **GET FORWARD:** when the ball is moving forward get everyone up to pressure that area. Leave any opposing forwards behind you.
- ❑ **BEHIND THE BALL:** always defend behind the ball. Do not allow the opposition in behind you.
- ❑ **ATTACK:** the two outside backs are vital in getting forward. Become the support on the weak-side and balance our attack. You will also provide support for the forwards.

MIDFIELD

- ❑ **CREATE DEFENSIVE PRESSURE:** put the opponents under constant pressure. Do not dive in – stay up and make them beat you (if they can).
- ❑ **START NARROW-GET WIDE:** burst into the wide space when needed. The weak-sided attacking midfielder player needs to be ready for long diagonal pass. **Remember** the inverse relationship – when one player goes wide their midfield partner goes narrow, when one goes high the partnering midfielder drops lower.
- ❑ **CHANGE POINT OF ATTACK:** get us out of trouble! When play is stuck in one area look to utilize the outside back attacking midfielder or forward on opposite side.
- ❑ **CREATE DEPTH:** balance everyone's run. Not all midfielders can get forward – choose your time depending on what is happening in front of you.
- ❑ **BALLS FORWARD:** play off the runs around you. Look to split defenders and get the ball behind their defenders.
- ❑ **SUPPORT:** Offensively always be an option to receive a pass from defenders, other midfielder players and forwards. Defensively always get behind the ball ASAP.
- ❑ **RUN THE BALL FORWARD:** when we have created space in front of their defensive unit you can run the ball forward at an angle. This will allow our forwards (and other midfielder players) to make runs from your run.

FORWARDS

- ❑ **MAKING RUNS:** each forward must be prepared to make play less predictable for the defending team. Read the way the ball is moving. If the midfielder players are running the ball forward find a way to make space for them and as they draw in the defenders utilize the space that they leave.
- ❑ **SCORING GOALS:** never be afraid to shoot. Take your time, pick your spot and remember you do not have to hammer the spot out of the ball for it to go in.

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- ❑ **TIMING:** do not get into the box too early. If you are in early, keep moving through and let someone else fill your space. Being stationary will kill your chances of scoring a goal.
- ❑ **DO NOT RUSH:** there is no need to play one touch, especially when you are off balance. Taking a good touch can allow play to develop around you. When in front of goal, slow down! Look at the goalkeepers positioning and finish
- ❑ **DEFENDING:** pressure the defenders to the center and make play predictable.

GOALKEEPERS

- ❑ **BE AGGRESSIVE:** play off of your line and make yourself look as big as possible. Forwards do not like the pressure from goalkeepers being aggressive.
- ❑ **SWEEP UP:** the higher the defense is playing the higher up the field you need to play. A general rule of thumb is split the difference between the last defender and the goal-line
- ❑ **ORGANIZE:** be vocal and give specific instructions (ie. "Jimmy mark number 12!" Rather than "someone mark him"). Be positive!
- ❑ **CONTROL THE TEMPO:** when we are ahead, slow the game down. When we are behind look to speed it up, especially with quick counter attacks when the ball is in your hands.
- ❑ **MAKE SAVES:** make the simple save simple and you will come up big every time.

ADDITIONAL POINTS FOR EVERYONE

- ❑ **MAKE VISUAL CONTACT:** see where you are passing to, lift your head before you part with the ball
- ❑ **BODY SHAPE:** always be at an angle ready to go forward – you can always change it to come back. A good body shape shows aggression and confidence.
- ❑ **COMPETE:** fight for every 50-50 ball. Once you win it get forward as fast as you can.
- ❑ **CONTROL:** use the highest surface area to control the ball (ie. Head before chest, chest before thighs etc.). Get the ball down and pass.

SET PLAYS

ATTACKING:

- ❑ **PLAY QUICK:** when we are not within shooting range play short and quick when we can. Catch the other team during transition and this will allow us a better opportunity to get forward efficiently.
- ❑ **SHOOTING:** hit the target and everyone else be ready to follow up when the keeper drops the ball or it comes off of the post
- ❑ **BE SMART:** do not just lump balls into a group. Find a way to make a pass, or become open for a pass. Preferable to create width on the weak side of the ball.

DEFENDING:

- ❑ **SLOW IT DOWN:** get someone on the ball as soon as possible. Just slowing the game down a bit will allow us to get more time to be organized.
- ❑ **GET ORGANIZED:** know what your role is very quickly. Get there and help everyone else know where they need to be.

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PRE-GAME WARM-UP (U10 and Younger)

It is important that the warm-up for younger players to have a productive, active, challenging and consistent warm-up. This warm-up should be taught to, and learned by the player, so they can begin the warm-up if a coach is not there.

Set-Up:

4 cones are placed in a row over a 16yd space. ^ 6yds ^ 4yds ^ 6yds ^

Players start in a row (no more than 4 players) facing each other at the outside cones. The warm-up has three phases:

1. Physical Warm-Up:

Without a ball players will perform the following physical tasks.

- Jog forward to first center cone and run backwards to original cone (x4)
- Shuffle forward to first cone and back to original cone (x4)
- Shuffle to first cone, cariocia between cone 2 and 3, sprint to opposite line (x4)
- Run backwards to first center cone, turn and sprint to opposite line (x4)

2. Ball Mastery Warm-Up:

Player dribbles (Advanced: pass) to the cone and performs the following turns and passes to the next player in line.

- Pivot Turn (x4)
- Inside Cut (x4)
- Outside Cut (x4)
- Step-Over (x4)

Player dribbles to the first center cone and performs a Stop-Start move and passes to the waiting player in opposite line.

- High Wave (Fake-Push) (x4)
- Cookie (x4)
- Fake Cross-Push (x4)
- Stop-Poke (x4)

3. Passing and Receiving Warm-up:

Player dribbles to the side of first central cone and passes the ball through the gap between two central cones to player from opposite line. Receiving player focuses on the following surfaces.

- Inside of far foot
- Inside of near foot
- Outside of far foot